

Over 70 Fast, Flavorful, and Family-Friendly Diet Recipes

Maintaining a healthy diet doesn't have to be a chore. With our collection of over 70 fast and flavorful recipes, you can whip up delicious and nutritious meals for your family in no time.

Breakfast

- Baked Oatmeal with Berries and Nuts



- Yogurt Parfait with Granola and Fruit



- Scrambled Eggs with Spinach and Cheese



- Whole-Wheat Waffles with Berries and Syrup



- Smoothie with Yogurt, Fruit, and Greens



Lunch

- Grilled Chicken Salad with Mixed Greens



- Tuna Salad Sandwich on Whole-Wheat Bread



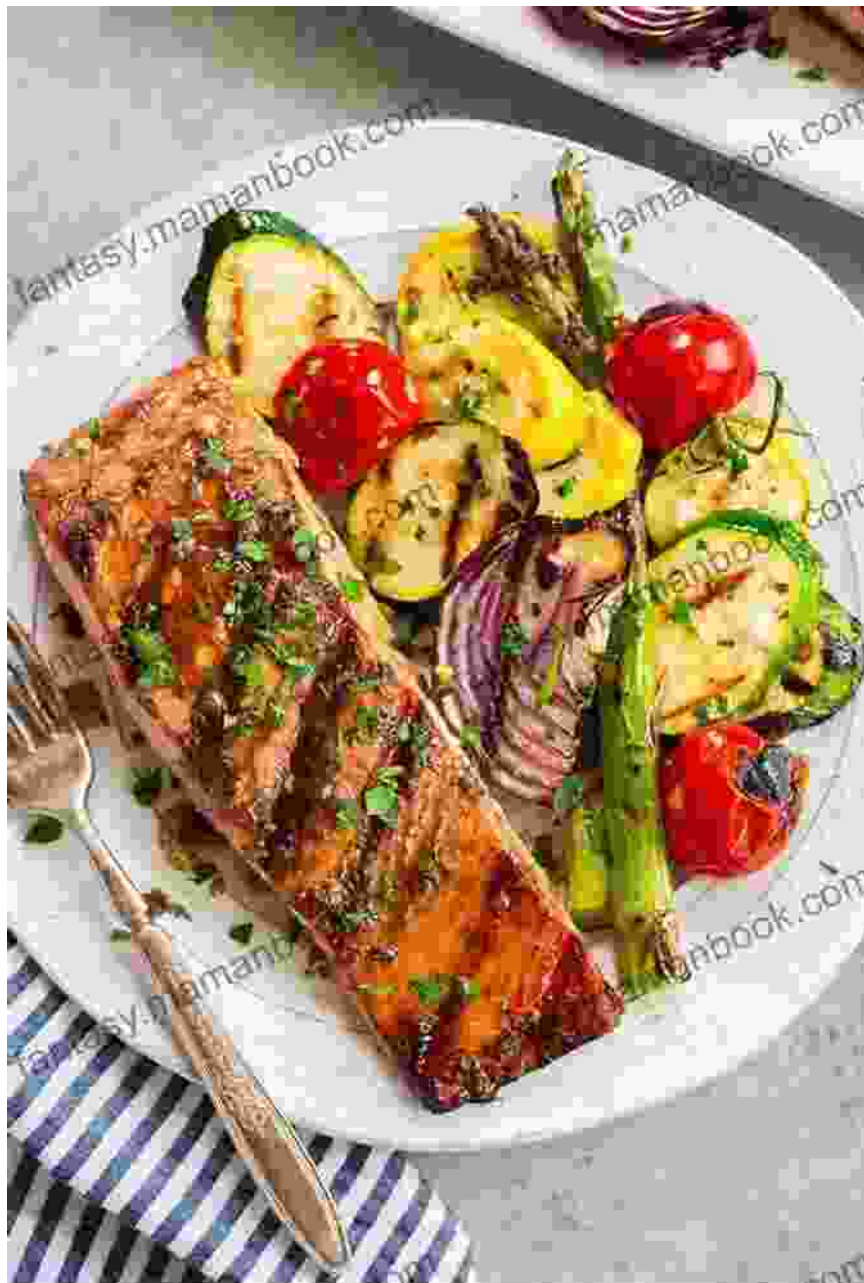
- Lentil Soup with Whole-Grain Bread



- Quinoa Salad with Vegetables and Feta



- Grilled Salmon with Roasted Vegetables



Dinner

- Baked Chicken Breasts with Roasted Potatoes



- Slow Cooker Pulled Pork with Whole-Wheat Buns



- Spaghetti with Whole-Wheat Pasta and Marinara Sauce



- Shepherd's Pie with Mashed Cauliflower



- Grilled Shrimp with Brown Rice and Vegetables



Snacks

- Fruit Salad with Berries and Bananas



- Vegetable Sticks with Hummus



- Trail Mix with Nuts, Seeds, and Dried Fruit



- Yogurt with Berries



- Hard-Boiled Eggs

BOILED EGG DIET

IS LOSING 20LBS IN 2 WEEKS SAFE?

Sorely Fitness

WEEK 1	Breakfast	Lunch	Dinner
<i>Monday</i>	2 boiled eggs and 1 fruit	2 apples 2 pieces of sweet potato	1 large plate of salad and chicken
<i>Tuesday</i>	2 boiled eggs and 1 fruit	Green vegetables and chicken salad	vegetable salad, 1 orange, and 2 boiled eggs
<i>Wednesday</i>	2 boiled eggs and 1 fruit	low-fat cheese, 1 tomato, and 1 piece of sweet potato	salad and chicken
<i>Thursday</i>	2 boiled eggs and 1 fruit	Fruit	salad and steamed chicken
<i>Friday</i>	2 boiled eggs and 1 fruit	vegetables and 2 Boiled eggs	Salad and grilled fish
<i>Saturday</i>	2 boiled eggs and 1 fruit	Fruit	Chicken and steamed vegetables
<i>Sunday</i>	2 boiled eggs and 1 fruit	Tomato salad, steamed vegetables, and chicken	Steamed vegetables

Sample Plan Only. We're not certified dietitians. Always consult your doctor before starting anything new.

Desserts

- Fruit Crumble with Whole-Wheat Topping



- Dark Chocolate Bark with Nuts and Seeds
























- Banana Nice Cream



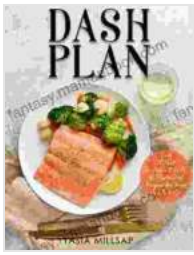
- Baked Apples with Cinnamon and Honey



- Yogurt Popsicles

	Breakfast	Lunch	Dinner
Sunday	 Mushroom hash with poached eggs	 Pepper & lemon spaghetti with basil & pine nuts	 Steamed trout with mint & dill dressing
Monday	 Peach & orange yogurt pots with ginger oats	 Avocado & olive bulgur lunch bowl	 Swedish meatballs with beetroot & apple salad
Tuesday	 Mushroom hash with poached eggs	 Beetroot bulgur lunch bowl	 Smashed chicken with corn slaw
Wednesday	 Peach & orange yogurt pots with ginger oats	 Courgette, leek & goat's cheese soup	 Curried chickpea cake with tomato sambal
Thursday	 Banana & cinnamon pancakes with blueberry compote	 Smashed chicken with corn slaw	 Swedish meatballs with beetroot & apple salad
Friday	 Banana & cinnamon pancakes with blueberry compote	 Courgette, leek & goat's cheese soup	 Cod puttanesca with spinach & spaghetti
Saturday	 Strawberry green goddess smoothie	 Griddled vegetables with melting aubergines	 Seared beef salad with capers & mint

With these quick and tasty recipes, you can enjoy healthy and delicious meals with your family without sacrificing flavor or convenience. So next time you're short on time or looking for a healthy meal option, try one of these recipes and see how easy it is to eat well.



DASH PLAN: Over 70 Fast-to-Table and Full-of-Flavor Diet Recipes for Your and Family

by Hannie P. Scott

★★★★☆ 4.3 out of 5

Language : English

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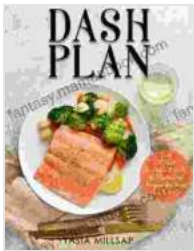
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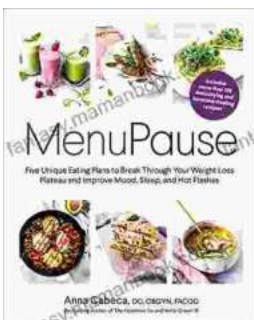
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